

EP 019

RESILIENCE

A BIT OF
CLARITY

with Dr Natanael Costea

SHOW NOTES

OBJECTIVE

> Develop an understanding of resilience.

UNDERSTANDING RESLIENCE

- > **Resilience** is the ability **to bounce back** after adversity or disappointment; being **able to manage and adapt** to sources of stress or adversity; **having a firm, reliable view** of reality; and having **a deep belief** that life is meaningful.
- > Resilience is the quality of recovering quickly from failure and adversity, and not only returning to the status quo but actually using the opportunity **to grow** and **further** your personal development.

> **Perseverance** and **grit** are part of being resilient.

THE HEART OF RESILIENCE

> At the heart of your **resilience** is your ability **to believe in yourself**. Individuals with high self-efficacy tend to trust their own abilities in the face of adversity and rather than view their problems as threats, they view them as challenges and opportunities for growth.

BOOSTING RESILIENCE

1. **Small steps.** Progress is power. Progress in our goals strengthens our self-perception. Begin small and grow.
2. **Observe others.** Watch someone else successfully perform the same task, or successfully deal with the situation or challenge. By paying close attention to what they do, how they do it and being curious as to the motives for their behaviors, you will find out that your belief in your ability to do the same will dramatically improve. Watch also how they bounce back from failure and how they deal with obstacles.
3. **Look back.** A reliable way of building self-efficacy is to reflect on your past accomplishments. We generally doubt ourselves because we probably have never done something before. The fear of uncertainty makes us think it is too hard. Look at the things you've picked up in the past and how you learnt them very quickly. Embrace the unfamiliar and the possibility of it becoming familiar based on past achievements. Realize that you have come through tougher challenges before and this is just a bump in the road.

APPLICATION

> Identify an area in your life where you can boost resilience and put an action plan for each of the three steps above.

RESOURCES

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